INDARB Summer Training Experience

Pathway Overview, Selection, & Mentor/Co-Mentor Approval Form

To promote professional growth and broaden the impact of our trainees, INDARB requires a structured summer training experience. Each INDARB-1 trainee selects one of two pathways designed to build skills, foster mentorship, and broaden expertise.

Pathway 1: Mentorship & Community Outreach

Trainees choosing this option will actively mentor others and share science with the broader community. Choose one or more of the following:

- **NDRB Pre-Freshman Research Experience (NPRE):** Mentor an incoming undergraduate student in the NPRE program through regular check-ins, research project guidance, and support navigating academic life.
- **Lifelong Learning with Friends (LLwF):** Help teach inclusive, college-style courses in which adults with intellectual and developmental disabilities (IDDs) learn alongside university students. Trainees turn their research into accessible lessons and gain hands-on experience in inclusive teaching and science communication.
- **Choose Your Own Adventure:** Design your own mentorship or outreach activity (e.g., K–12 classroom visits, science festivals, community health events, or science communication projects).

Requirements (due January 8, 2027)

- Signed approval form (mentor/co-mentor)
- A 1-page plan describing your mentorship/outreach activities
- After completion: a 1-page reflection summarizing impact and lessons learned (due September 1, 2027)

Pathway 2: External Traineeship

Limited to one external traineeship during your INDARB funding period.

Trainees complete an external professional development experience aligned with their research interests and/or career goals. Examples include:

- **Course or Workshop:** Participate in specialized training (e.g., technical skills, grant writing, science communication).
- **Internship:** Gain short-term research or policy experience at a government agency, industry partner, or nonprofit organization.
- **Lab Sabbatical:** Conduct collaborative research at another institution or lab.

Requirements (due January 8, 2027)

- Signed approval form (mentor/co-mentor)
- A 1-page plan including:
  - Title and description of activity
  - Host organization/institution
  - Dates and duration
  - Expected outcomes and relevance to PhD training
  - Budget justification, if requesting funds (up to $5,000; subject to availability)
- After completion: a 1-page end-of-summer report (due September 1, 2027)

Pathway Selection & Mentor/Co-Mentor Approval Form

Complete with your mentor and co-mentor and submit with your plan by January 8, 2027. See the pathway descriptions above for requirements.

A. Student Information

Student Name	**Date**
Academic Year	

B. Pathway Selection

Check one pathway.

☐ **Pathway 1: Mentorship & Community Outreach**

NPRE undergraduate mentorship, Lifelong Learning with Friends, and/or a self-designed outreach activity.

☐ **Pathway 2: External Traineeship**

Course/workshop, internship, or lab sabbatical (one per INDARB funding period).

C. Additional Details (Pathway 2 only)

Complete only if you selected Pathway 2.

Host Organization / Institution	
Dates & Duration	
Budget Requested (up to $5,000; enter $0 if none)	

D. Approvals

Mentor Name (printed)	**Mentor Signature**	**Date**
Co-Mentor Name (printed)	**Co-Mentor Signature**	**Date**

Submit this signed form with your 1-page plan by January 8, 2027.